

# Artichoke & Parsley Calzone with Sausage Mince



R & J Mazza  
GLOBE ARTICHOKES

## Dough

1.5 cups plain flour,  
1 teaspoon dried yeast,  
½ teaspoon salt,  
½ teaspoon sugar,  
¾ cups lukewarm water,  
2 tablespoons oil,

## Filling Ingredients

1 tablespoon olive oil,  
½ brown onion, chopped,  
2 cloves garlic, chopped,  
2 continental sausages (200g),  
200g artichoke hearts, sliced,  
½ cup fresh Italian parsley, chopped,  
½ cup mozzarella cheese, grated (firmly packed),  
¼ cup parmesan cheese,  
Salt & cracked pepper to taste



## How to Prepare

1. Place flour, dried yeast, salt and sugar in bowl and mix. Make a well in the centre of flour mixture. Add water and oil, mix well and place dough on floured board. Knead until dough is smooth and elastic. Cover with a towel and place in a warm place for 1 hour or until dough doubles in size.
2. Preheat oven to 200°C. Remove sausage mince from casing and break into small pieces.
3. Heat oil in frypan. Add onion and garlic and gently sauté until soft. Add artichoke hearts and sausage mince and cooked a further 2 minutes.
4. Pour mixture in a large bowl and stir until well combined. Add parmesan cheese, mozzarella cheese, parsley and salt & cracked pepper.
5. Place dough on a floured board and knead until it reduces to its original size, and does not have any air bubbles. Roll out and cut into 20cm rounds.
6. Place artichoke mixture on one side of the circle. Brush edges with water and fold over dough. Pinch edges to ensure filling remains in the casing.
7. Prink the top of the casing with a fork.
8. Bake for approximately 15 minutes, or until golden.

